



**U.S. Embassy Luanda, Angola
Message for U.S. Citizens
Recent Outbreak of Dengue**

29 MAY 2013

U.S. Embassy Luanda is issuing the following message based on information that was released this week by the U.S. Centers for Disease Control and Prevention (CDC) about the recent outbreak of dengue in Angola. The CDC stresses that the current Angola epidemic should be considered a public health situation of international concern. Cases have been found in Portugal, South Africa, Israel, and Canada among travelers who recently returned from Angola.. More information can be found at the CDC website:

<http://wwwnc.cdc.gov/travel/notices/watch/dengue-angola> or to obtain Centers For Disease Control and Prevention (CDC) travel notices, you may dial the CDC at 1-800-CDC-INFO (1-800-232-4636) from within the U.S., and at 1-404-639-3534 from overseas, or visit their website at <http://www.cdc.gov/travel>. For those not having ready access to the Internet, the following information is an excerpt from the CDC website:

What is the current situation?

More than 300 cases of dengue have been confirmed and one dengue-related death has been reported. More than 30 dengue cases in Portugal are associated with travel to Angola. CDC, the World Health Organization, the Angolan Ministry of Health, and the European Union are working together to respond to the outbreak. CDC recommends that travelers to Angola take steps to prevent mosquito bites in order to protect themselves from dengue.

What is dengue?

Dengue is an illness caused by a virus that is spread through mosquito bites. Symptoms include fever, headache, nausea, vomiting, rash, and pain in the eyes, joints, and muscles. Symptoms can take up to 2 weeks to develop after you are bitten by an infected mosquito, but usually end in a week. In severe cases, symptoms may include intense stomach pain, repeated vomiting, difficulty breathing, becoming drowsy or irritable and bleeding from the nose or gums. See a doctor right away if you have these symptoms.

How can travelers protect themselves?

There is currently no vaccine or medicine to prevent dengue. Travelers can protect themselves from dengue by preventing mosquito bites. The mosquito that carries the dengue virus bites both day and night and is commonly found indoors as well as outdoors.

Prevent mosquito bites

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent as directed (click here for more info)
- Higher percentages of active ingredient provide longer protection. Use products with the following active ingredients.
 - **DEET**
 - Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon
 - **Picaridin** (also known as KBR 3023, Bayrepel, and Icaridin)
 - Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the United States])
 - **Oil of lemon eucalyptus (OLE) or PMD**
 - Products containing OLE include Repel and Off! Botanicals
 - **IR3535**
 - Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart
- Always use insect repellent as directed.
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.
 - Reapply as directed.
- Follow package directions for using repellent on children.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
 - Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do **not** use permethrin directly on skin.
- Stay and sleep in screened or air conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

Early and proper diagnosis of dengue is important, as many other diseases may mimic dengue.

As always, the U.S. Embassy Consular Section is available for U.S. citizens who require assistance or who require information on resources in Angola. To contact the Consular Section, call 222 641 000 or send an email to consularluanda@state.gov

U.S. citizens living in or traveling to Angola are encouraged to enroll (register their presence) with the U.S. Embassy's Consular Section through the State Department's travel registration website, and to review also the Embassy's Internet website for the latest travel and security information within Angola. U.S. citizens without Internet access may register directly at the U.S. Embassy or Consulate. When you provide us this information, we will be able to contact you in the event of an emergency.

U.S. citizens traveling abroad should regularly monitor the U.S. Embassy's website and the U.S. Department of State's, Bureau of Consular Affairs website where the current Worldwide Caution, Travel Warnings, Travel Alerts, and Country Specific Information can be found. Follow us on [Twitter](#) and the Bureau of Consular Affairs page on [Facebook](#) as well, or download our free Smart Traveler App, available through [iTunes](#) and the [Google play](#) store, to have travel information at your fingertips.

The U.S. Embassy also encourages U.S. citizens to review "A Safe Trip Abroad", which includes valuable security information for those both living and traveling abroad. Current information on safety and security can also be obtained by calling 1-888-407-4747 toll-free in the United States, or a regular toll line at 1-202-501-4444 for callers from other countries. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

U.S. Embassy Luanda is located at:

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Telephone: (244) 222-641-000, (244) 222-445-481, 222-445-727, 222-446-096

Emergency after-hours telephone: (244) 923-404-209, (244) 923- 640-154